

History

The Maya Civilisation

History | UKS2 | The Maya Civilisation | Meeting the Maya | Lesson 1



Aim

• I can describe a range of foods that were eaten by the ancient Maya people and explain why certain foods were particularly significant.

Success Criteria

- I can create a list of foods that the ancient Maya people would have eaten.
- I can describe why corn is significant and precious to the ancient Maya people.
- I can describe why chocolate is significant and precious to the ancient Maya people.

Maya Food Anagrams



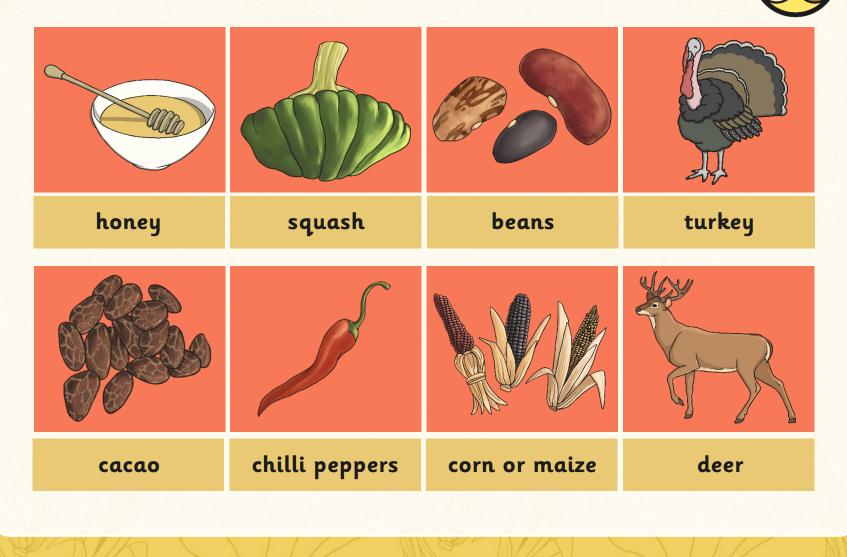
Use the clues on the **Maya Food Anagrams Activity Sheet** to help you work out the anagrams for the Maya foods.

Think about how and why these foods could have been eaten.

Be ready to give feedback about your ideas to the rest of the class.

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ocaca	hilicl rppeeps	rnco or ezami	erde

Food Anagrams Answers



Other Maya Foods

Maize or corn was the main food of the Maya people and made up to 80% of their diet. Examples of other foods eaten include:



Maya Food Inventory

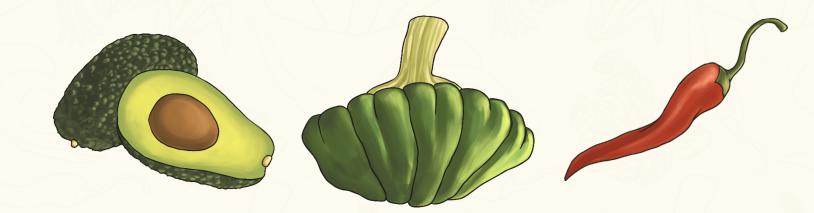


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Can you create your own inventory of Maya foods?

For each item you include, you should provide:

- The name of the food.
- A picture or drawing of the food.
- Details of how the Maya people may have prepared and eaten the food.



Make your inventory bright, colourful and informative and ensure that you include a range of foods.

Maize

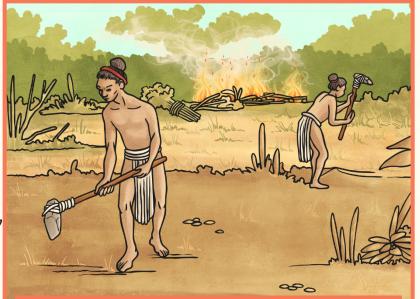
Maize was a very important crop, and formed up to 80% of their diet.

To plant the maize, holes would be made in the soil with a sharp bladed, wooden digging stick called a dibble. The soil was very dry and if the May rains didn't come, a whole year's crop would be lost.

For thousands of years, the Maya worshipped the maize god. They believed that the first humans were made by the gods from maize dough!

Because of this, when suffering from severe illness, they would eat nothing but corn.





Maya farmers would plant maize wherever they could. Maize is more commonly known as corn.

Marvellous Maize!



Think about the following questions:

- 1. How was maize grown?
- 2. Why do you think maize was so important to the Maya people?

Chocaholics!

Cacao trees sprout cacao pods directly from their trunks. The pods are then opened to reveal the cacao beans inside. The Maya were using these beans to make a chocolatey drink from as far back as the fourth century AD. However, it was not the sweet, chocolately flavour we crave today, but a more bitter tasting version, often laced with chilli or vanilla and other spices.



The drink was enjoyed by the rich and noble members of society, and the cacao beans were highly valued. They were even used as a form of currency later on in Maya history.

The Maya word for chocolate is Kakaw.



The Maya used chocolate in religious ceremonies, and they also mixed them with herbs to make medicines.

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Cool Cacao



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Think about the following questions:

- 1. How do cacao beans grow?
- 2. Why do you think cacao was so important to the Maya people?

Corn Vs Chocolate

Chocolate and corn were both very significant and precious foods in ancient Maya, but which do you think was the most important?

Your challenge is to research both foods in more detail and decide which you think is most important. Be ready to argue your ideas and opinions in a whole class debate at the end of the lesson.

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		Corn Vs Chocolate	Corn Vs Chocolate
Com Chocolata	ts are describing corn or chocolate and put decide which food you think was the most as you can and be ready to debate the issue n. In Maya people believed that this plant as found in a mountain by the gods. It is silvy strands of this plant were used in make a tonic to help keep the bladder ha kidneys healthy. Ihis food was the main part of the Maya at.	Core you use bookshibe internet to research the importance of core and chocolate to the Ansent Mean bookshibe internet to estavation and 5 reasons why chocolate was significant. Roots the top load to decide whole of load to decide whole of load to the significant. Roots where the load to decide whole the load to decide whole of load to decide whole of load to the significant. Roots where the load to decide whole of load to decide whole	Work with a partner to research the significance of oon and thocolds. Then choose one food such and such as the second the second the second the second the second the second text less with in the second text less with in the second text less with text less less less less less less less les
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